Responsible Drinking

Objectives

- Define responsible drinking
- List consequences of irresponsible drinking
- Discuss facts about underage drinking
- Discuss drinking responsibly tips

Media Messages

- Messages:
  - Binge drinking is out of control on college campuses
  - Having a drink once a day promotes good health
  - Don’t Drink and Drive
  - Drink in moderation
  - Drink responsibly
  - If you want to have fun, date, or watch sports then you have to drink

Definitions

- One drink: defined as 5 oz of wine (12 percent alcohol), 1.5 oz of 80-proof distilled spirits, or 12 oz of regular beer

  - 5 oz of 12% wine = 5 X .12 = 0.6 oz of pure alcohol
  - 1.5 oz of 80 Proof = 1.5 X .40 = 0.6 oz of pure alcohol
    Note: 80 proof = 40% alcohol
  - 12 oz X 5% beer = 12 x .05 = 0.6 oz of pure alcohol

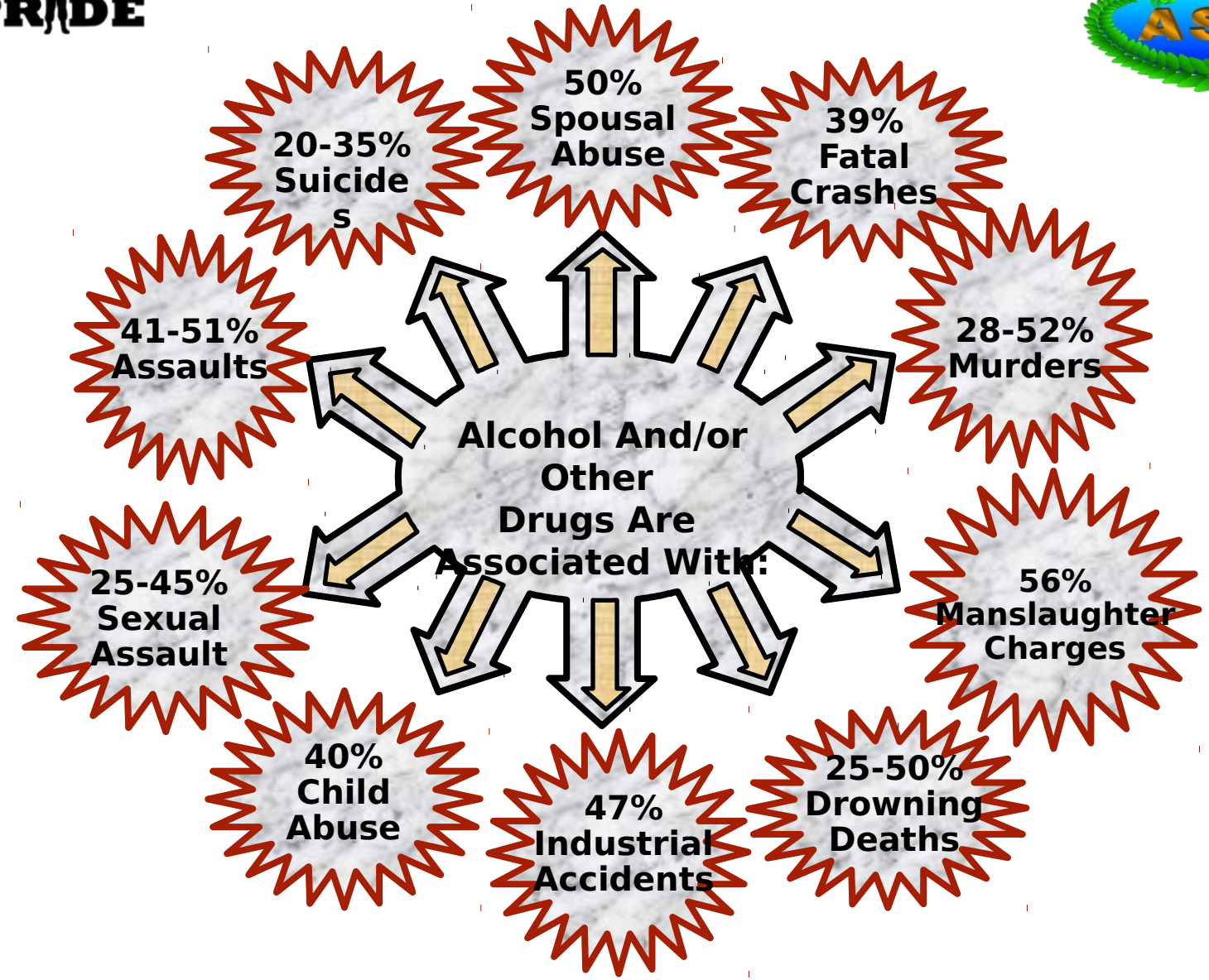
Definitions

- Binge (Episodic) Drinking: having five or more drinks on a single occasion at least once in the past 30 days
- Moderate Drinking: (multiple definitions)
  - One drink per typical drinking occasion at least once a week, *or* 2-4 drinks per typical drinking occasion 2-3 times per month, *or* 5 or more drinks per typical drinking occasion once a month or less
  - The consumption of up to 1 drink per day for women and up to 2 drinks per day for men
- Responsible Drinking: Not drinking irresponsibly?

Irresponsible Drinking

Results of Irresponsible Drinking

- DUI
- Vomiting
- Hangover
- Unexpected guest for breakfast
- Unprotected sex
- Unwanted sex
- Possible STD
- Fighting
- Loss of control – doing stupid things
- Reduced work quality and performance
- Financial problems
- Injury
- Problems with friends and family
- Health related problems
- Spouse/child abuse
- Passing out
- Black outs
- Death



National Statistics, Center for Substance

Responsible Drinking

- Responsible drinking habits vary from person to person; biology, sociology, and genealogy all play a role in what is considered responsible drinking.
- Due to medical conditions or dependence issues some individuals must abstain from alcohol to be considered a responsible drinker.
- Responsible Drinking: Drinking in a way that it does not adversely affect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.

Drinking Tips

- Eat before and during drinking.
- Before you Celebrate… Designate. Identify a responsible driver or use public transportation.
- Don’t chug your drinks; drink slowly and make your drinks last.
- Alternate between alcoholic and nonalcoholic drinks.
- Remember the word HALT, don’t drink if you’re Hungry, Angry, Lonely, or Tired.

Drinking Tips

- Do not lose control of yourself.
- Remember, it’s ALWAYS ok NOT to drink.
- Avoid binge or other high risk drinking behaviors.
- Take a buddy and watch each others back
- Don’t leave your buddy behind
- Don’t drink when taking medication

Underage Drinking

Underage Drinking - The Controversy

- Beliefs (by many):
  - If a Soldier is old enough to vote, enlist in the Army, and die for their country; then he/she should be old enough to drink alcohol.
  - If an 18 year old person can vote, get married, enter into legal contracts, and smoke; then they should also be able to drink alcohol if they choose.
  - Alcohol is a legal drug for someone 21 or over; young adults want the right to make the decision whether to drink or not.

Underage Drinking - The Controversy

- Facts:
  - The drinking age in the Army depends on where you are stationed:
    - CONUS installation – 21 years old
    - Europe – 17 years old
    - Korea – 20 Years old
    - Puerto Rico – 18 Years old
  - Most Soldiers that deploy to fight in a war or conflict cannot drink alcohol in the area of operation regardless of their age.

Underage Drinking - The Controversy

- **Facts (Continued)**
  - **Soldiers who are deployed and get afforded R&R in country or a nearby country may be able to consume alcohol regardless of age.**
  - **USAR and NGB Soldiers under 21 cannot consume alcohol on or off activated status while in the US.**
  - **Under 21 firefighters cannot consume alcohol and they put their lives on the line nearly everyday.**

Underage Drinking

- The real deal
  - The law is the law. It doesn't matter whether or not you agree with it; you must still abide by it.
    - You may believe that male Soldiers should be allowed to use an umbrella when wearing class As or that female Soldiers should be able to wear ear rings in BDUs; but both violate AR 670-1.
    - Soldiers follow the uniform regulation and Soldiers should follow the under age drinking laws.

Summary

- Party Responsibly. Have a good time and blow off steam, but don't make drinking your priority. You should be there to have a good time not there just to get drunk.
- Plan Ahead. Make sure you've arranged for a sober ride home BEFORE going out.
- Pace Yourself. Limit yourself to one drink per hour or alternate between alcoholic and non-alcoholic drinks.
- Don't drink if you are underage. UCMJ
- Don't support underage drinking. UCMJ
- Warrior 0-0-1: zero underage drinking, zero DUIs, and no more than 1 drink an hour

Remember your …

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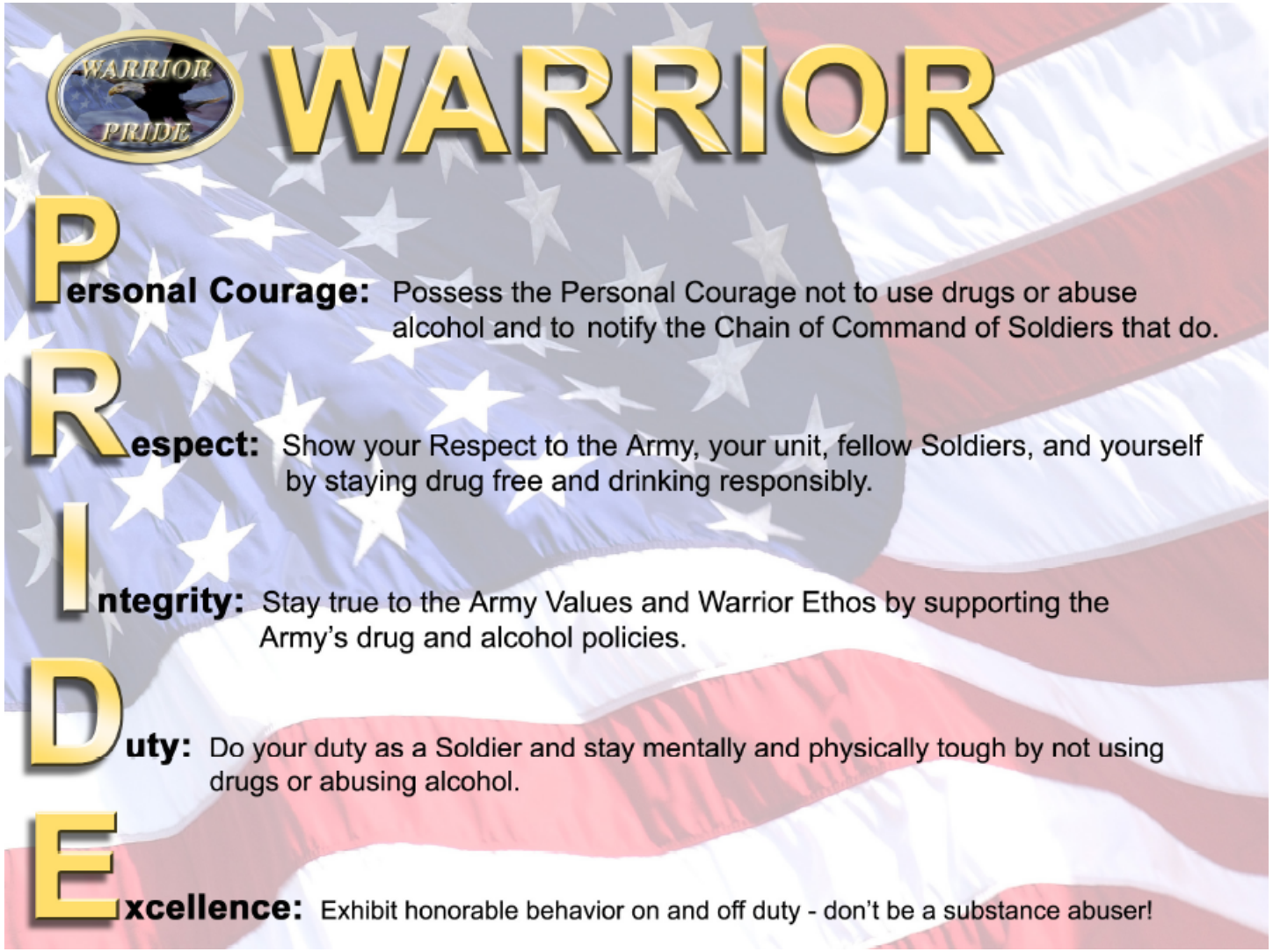
WARRIOR PRIDE
WARRIOR
Personal Courage: Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.
Respect: Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.
Integrity: Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.
Duty: Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.
Excellence: Exhibit honorable behavior on and off duty - don't be a substance abuser!